

Thursday 19th March 2026: Meeting will begin at 7:30pm

St Bede's Inter-Church School



SUPPORTING YEAR 11 STUDENTS: PRIOR TO AND
THROUGHOUT GCSE EXAMS

ST BEDE'S INTER-CHURCH SCHOOL



Headteacher's **Welcome**

Welcome to St Bede's Inter-Church
our website will provide an insight into the life of

Parents & Carers Hub > Support Your
Child at St Bede's > Academic Support >
Exam Information > GCSE Revision

KEY AGENDA ITEMS

Twilight Meeting

March 2026



Key timelines



Motivation and encouragement



How you can help



Getting the balance right

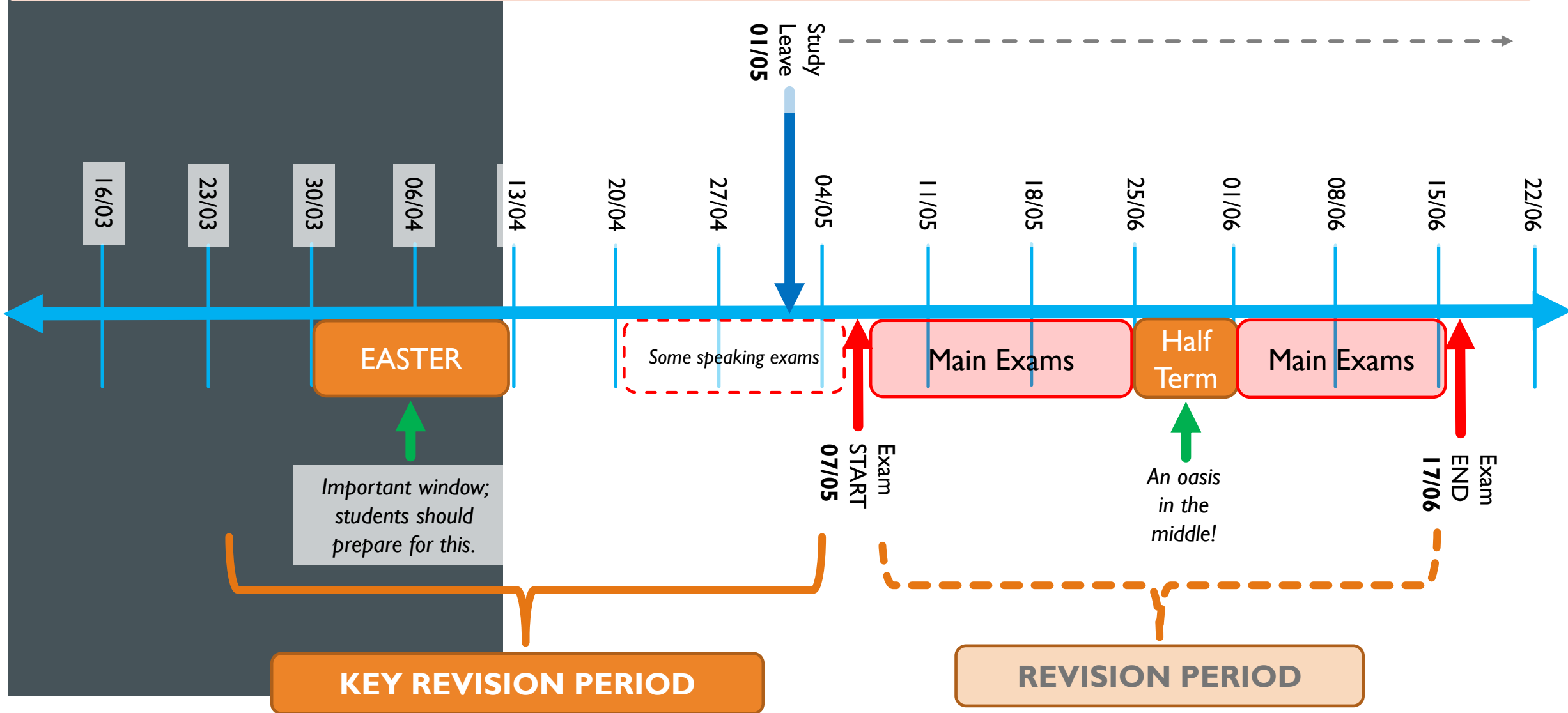


Dos and don'ts



Key timelines

EXAM CONTINGENCY DATES – you MUST be available on: **24/06**



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Dos and don'ts



Motivation and encouragement



unintentional pressure parents put
on children for exams



tutoria.pk

<https://tutoria.pk/blog/unintentional-pressure-parents-put-on-children-for-exams/>

how academic pressure can negatively affect your child



tutoria.pk

catastrophize



tutoria.pk

do not focus on efforts



tutoria.pk

unintentional pressure parents put on children for exams



tutoria.pk

comparison



tutoria.pk

overly critical



tutoria.pk



Motivation and encouragement

The biggest barrier to revision is fear and anxiety;

- Too much to do
- Too little time
- Unsure where to begin

Revision timetables are designed to reduce all of these fears

- Tailor a strategy – help them do this
- Make sure the timetable is flexible

Jump on the positives and celebrate the progress they have made and are making

Let us know of concerns – we're here to help

Week beginning	Monday		Tuesday		Wednesday		Thursday		Friday			
	Exam:	Time:	Exam:	Time:	Exam:	Time:	Exam:	Time:	Exam:	Time:		
	Exam:	Time:	Exam:	Time:	Exam:	Time:	Exam:	Time:	Exam:	Time:		
	Morning:		Morning:		Morning:		Morning:		Morning:			
23-Mar	Afternoon:		Afternoon:		Afternoon:		Afternoon:		Afternoon:			
	Evening:		Evening:		Evening:		Evening:		Evening:		Evening:	Evening:
Week beginning	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
	Exam:	Time:	Exam:	Time:	Exam:	Time:	Exam:	Time:	Exam:	Time:	Morning:	Morning:
	Exam:	Time:	Exam:	Time:	Exam:	Time:	Exam:	Time:	Exam:	Time:	Morning:	Morning:
	Morning:		Morning:		Morning:		Morning:		Morning:			
30-Mar	Afternoon:		Afternoon:		Afternoon:		Afternoon:		Afternoon:		Afternoon:	Afternoon:
	Evening:		Evening:		Evening:		Evening:		Evening:		Evening:	Evening:
Week beginning	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
	Exam:	Time:	Exam:	Time:	Exam:	Time:	Exam:	Time:	Exam:	Time:	Morning:	Morning:
	Exam:	Time:	Exam:	Time:	Exam:	Time:	Exam:	Time:	Exam:	Time:	Morning:	Morning:
	Morning:		Morning:		Morning:		Morning:		Morning:			
06-Apr	Afternoon:		Afternoon:		Afternoon:		Afternoon:		Afternoon:		Afternoon:	Afternoon:
	Evening:		Evening:		Evening:		Evening:		Evening:		Evening:	Evening:
Week beginning	Mon										day	Sunday
	Exam:											Morning:
	Exam:											Morning:

Website – download, print and complete



Motivation and encouragement

DURING EXAM PERIOD – the following are **COMMON:**

- **Fear generally peaks in the week before the first exam.** Remind them of all that they have done, and that their best is good enough!
- **They believe they've had a bad exam and are demotivated.** Remind them that reality is often nowhere near as bad as perception
- **They are tired and finding it difficult to keep revising.** Encourage rest and relaxation – better to have a rest and return fresh. Revision timetables can, and should, adapt.



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Dos and don'ts



How you can help

1. Provide a **quiet space**, free from distraction
2. Ensure they have all the **equipment** they need (stationery **and revision materials**)
3. Check in with them and their revision timetable – **take an interest**
4. Have them reflect on what is working well, and what isn't, and how they might adapt
5. Recognise **effort** and remind them of the progress they are making. **Celebrate it**
6. Really do encourage periods of **rest and relaxation**





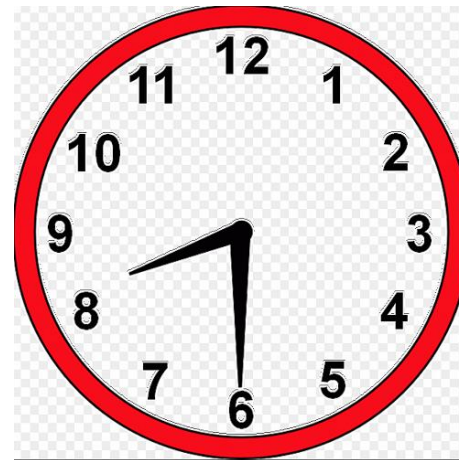
How you can help

DURING EXAM PERIOD:

1. **Double-check the exam start time in advance of the exam** (their revision timetable should show whether they've recorded it correctly)
2. **Use a checklist** every morning to reduce headspace (i.e. exam equipment, revision notes, food, drink, etc.)
3. **Arrive in plenty of time!**
4. Know exactly what to do in case of emergency (such as running late): **CALL ST BEDE'S – store in phone (EXAMS)**

Season : June (Summer) 2023
 Date Range : 01/05/2023-30/06/2023
 Export Date : 10/02/2023

Date	Start	Len	Board	Component Code	Component Title	Level
TBA	TBA	00:00	OCR	J587/04	PE: Practical Performance	GCSE/9FC
TBA	TBA	00:00	OCR	J587/06	PE: Analysing Evting Prfrnce Pst	GCSE/9FC
TBA	TBA	00:00	AGA	B261/X	Drama External Practical	GCSE/9FC
TBA	TBA	00:00	EDEXL/GCSE	1FA0 01	Personal Portfolio	GCSE/9FC
TBA	TBA	00:00	EDEXL/GCSE	1MU0 02	Composing	GCSE/9FC
TBA	TBA	00:00	ADA	B673/SH	Chinese Speaking Test Tier H	GCSE/9FC
TBA	TBA	00:00	EDEXL/GCSE	1CNO 2H	Speaking [H] - Accumulator	GCSE/9FC
TBA	TBA	00:00	EDEXL/GCSE	1CNO 2HC	Speaking [H] - Cantonese	GCSE/9FC
TBA	TBA	00:00	EDEXL/GCSE	1FA0 02	Externally Set Assignment	GCSE/9FC
w/b 24 April	TBA	00:00	EDEXL/GCSE	1GNO 2F	Speaking [F]	GCSE/9FC
w/b 28 April	TBA	00:00	EDEXL/GCSE	1GNO 2H	Speaking [H]	GCSE/9FC
Tue 25 April	TBA	00:00	EDEXL/GCSE	1R0 2H	Russian Speaking [H]	GCSE/9FC
w/b 1 May	TBA	00:00	EDEXL/GCSE	1FR0 2F	Speaking [F]	GCSE/9FC
w/b 1 May	TBA	00:00	EDEXL/GCSE	1FR0 2H	Speaking [H]	GCSE/9FC
Fri 12 May	TBA	00:00	ADA	B698/SH	Spanish Speaking Test Tier H	GCSE/9FC
Wed 10 May	TBA	00:00	ADA	B688/SH	Polish Speaking Test Tier H	GCSE/9FC
Tues 16 May	TBA	00:00	ADA	B633/SH	Italian Speaking Test Tier H	GCSE/9FC
Mon 15 May	09:15	01:00	OCR	J625/01	RS: Christ Blls & Tchngs & Prctcs Wtn	GCSE/9FC
Mon 15 May	09:15	01:00	OCR	J625/03	RS: Jstn Blls & Tchngs & Prctcs Wtn	GCSE/9FC
Mon 15 May	13:00	00:45	AGA	B261/W	Drama Written Paper	GCSE/9FC
Mon 15 May	13:00	00:45	ADA	B633/LH	Italian Listening Test Tier H	GCSE/9FC
Mon 15 May	13:00	01:00	ADA	B633/RH	Italian Reading Test Tier H	GCSE/9FC
Tue 16 May	09:15	01:45	ADA	B461/H	Biology Paper 1 Tier H	GCSE/9FC
Tue 16 May	09:15	01:45	ADA	B461/F	Biology Paper 1 Tier F	GCSE/9FC
Tue 16 May	09:15	01:15	ADA	B464/B/H	Combined Sci Trilogy Biology P1H	GCSE/9DA
Tue 16 May	09:15	01:15	ADA	B464/B/F	Combined Sci Trilogy Biology P1F	GCSE/9DA
Tue 16 May	13:00	01:30	OCR	J262/01	Littr: Lang&w Wrtn	GCSE/9FC
Tue 16 May	13:00	01:30	WJEC/GCSE	C800/10-1	Media Studies COMP1 Exploring Media	GCSE/9FC
Tue 16 May	13:00	00:35	EDEXL/GCSE	1GNO 1F	Listening [F]	GCSE/9FC
Tue 16 May	13:00	00:45	EDEXL/GCSE	1GNO 3F	Reading [F]	GCSE/9FC
Tue 16 May	13:00	00:45	EDEXL/GCSE	1GNO 3H	Reading [H]	GCSE/9FC
Tue 16 May	13:00	01:00	EDEXL/GCSE	1GNO 3H	Reading [H]	GCSE/9FC
Wed 17 May	09:15	01:45	ADA	B702/L	English Literature Paper 1	GCSE/9FC
Wed 17 May	13:00	01:00	OCR	J587/01	PE: Physicl Fctr Affectng Perf Wtn	GCSE/9FC
Thu 18 May	09:15	01:00	OCR	1412/1	Hist B: History Around US Wtn	GCSE/9FC
Thu 18 May	13:00	01:30	OCR	J204/01	Bus: Bus 1: Bus Activty Mntng Pple Wtn	GCSE/9FC
Thu 18 May	13:00	00:45	ADA	B673/LH	Chinese Listening Test Tier H	GCSE/9FC
Thu 18 May	13:00	01:00	ADA	B673/RH	Chinese Reading Test Tier H	GCSE/9FC
Thu 18 May	13:00	00:45	EDEXL/GCSE	1CNO 3H	Listening [H]	GCSE/9FC
Thu 18 May	13:00	01:05	EDEXL/GCSE	1CNO 3H	Reading [H]	GCSE/9FC
Fri 19 May	09:15	01:30	ADA	B300/1F	Mathematics Paper 1 Tier F	GCSE/9FC
Fri 19 May	09:15	01:30	ADA	B300/1H	Mathematics Paper 1 Tier H	GCSE/9FC
Fri 19 May	13:00	01:30	OCR	J277/01	Comp Sc: Computer Systems Wtn	GCSE/9FC
Fri 19 May	13:00	01:30	OCR	J292/01	Classical Greek: Language Wtn	GCSE/9FC
Mon 22 May	09:15	01:45	ADA	B462/1H	Chemistry Paper 1 Tier H	GCSE/9FC
Mon 22 May	09:15	01:45	ADA	B462/1F	Chemistry Paper 1 Tier F	GCSE/9FC
Mon 22 May	09:15	01:15	ADA	B464/C/H	Combined Sci Trilogy Chemistry P1H	GCSE/9DA
Mon 22 May	09:15	01:15	ADA	B464/C/F	Combined Sci Trilogy Chemistry P1F	GCSE/9DA
Mon 22 May	13:00	01:45	WJEC/GCSE	C112/10-1	Geogb COMPONENT1 Invest Geog Issues	GCSE/9FC
Tue 23 May	09:15	00:35	EDEXL/GCSE	1FR0 3F	Listening [F]	GCSE/9FC
Tue 23 May	09:15	00:45	EDEXL/GCSE	1FR0 3F	Reading [F]	GCSE/9FC
Tue 23 May	09:15	00:45	EDEXL/GCSE	1FR0 3H	Listening [H]	GCSE/9FC
Tue 23 May	09:15	01:00	EDEXL/GCSE	1FR0 3H	Reading [H]	GCSE/9FC
Tue 23 May	13:00	02:00	OCR	J625/06	RS: Rign Phil Ethc Mod Wld Chrst Wtn	GCSE/9FC





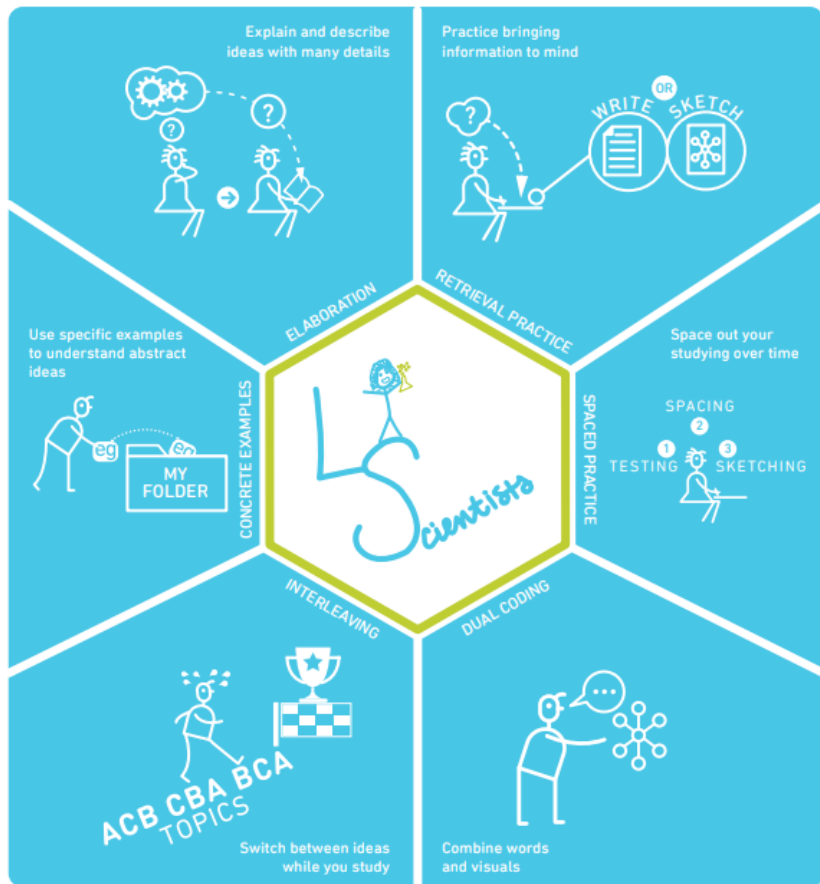
How you can help



Six Strategies for Effective Learning

LEARNINGSOCIETISTS.ORG

All of these strategies have supporting evidence from cognitive psychology. For each strategy, we explain how to do it, some points to consider, and where to find more information.



TALK TO THEM ABOUT HOW THEY WILL REVISE:

They have been given information during their revision assembly – ask them about **this** resource (**made available on website**)



- Majority of revision time should be spent **PRACTISING QUESTIONS** (once preparation has been completed...)
- We encourage 30 minute sessions (give or take) – think **25 minutes DO**, **5 minutes REVIEW**
- Refer to topic **CHECKLISTS** (or equivalent) and **UPDATE**
- **10-15 minute break** – CUP OF TEA + BISCUITS!



How you can help

Food Preparation and Nutrition Revision 2023

Written paper		
1 hour and 45 mins.		
Section A 20 x multiple choice questions to test your knowledge and get you thinking	Section B A series of longer questions. Starts with 2 – 4 mark questions, then longer 6 – 15 mark questions which require more discussion type answers.	Themes Food Nutrition and Health Food choices Food science Food Provenance Food safety

	CGP Revision guide These are available via school. Please contact your teacher if you have not purchased one. There is an opportunity to buy a pack which has the revision guide, a workbook with practice exam questions and a sample exam paper and a pack of revision cards to test knowledge.
	Collins Revision Guide Revision guide, practice questions and a practice paper all in one. See Miss Hope if you would like the school to order you one.
	https://www.aqa.org.uk/subjects/food Exam board website. Specification and specimen papers.
	https://quizlet.com/search?query=food-preparation-and-nutrition&type=all Exam practice questions and quizzes on nutrients.
	https://senecalearning.com/ A free revision platform with tutorials and quizzes.
	https://www.foodafactoflife.org.uk/ A wide range of revision resources including powerpoints , quizzes, worksheets and knowledge organisers. Answer sheets on the site too.
	https://www.bbc.co.uk/bitesize/subjects/zdn9jhw Home Economics: Food and Nutrition (CCEA) This is a different board but still has some really useful tutorials , quizzes, videos etc.

French and German revision

ONLINE:

Oak National Academy	Online lessons that are tailored to our course content.	https://teachers.thenational.academy/subjects/french/key-stages/key-stage-4 https://teachers.thenational.academy/subjects/german/key-stages/key-stage-4
BBC Bitesize	Useful for Topic and Grammar revision.	https://www.bbc.co.uk/bitesize/examspecs/zhy647h https://www.bbc.co.uk/bitesize/subjects/z8i2tfr
Seneca learning	Select a topic to revise key vocabulary and expressions.	https://app.senecalearning.com/classroom/course/979a083a-205a-4001-8213-7ec4a3f4cd9d/section/0e56bf04-b1fe-4dd4-881f-2b6dd9db2b1a/session https://app.senecalearning.com/classroom/course/66ff4329-876c-4c78-85fa-38a628355b92/section/e74b9ef3-ee04-4a71-9e9d-ae94a224f9e/session
Quizlet	Search the database for interactive vocabulary revision.	www.quizlet.com
Edexcel website	Our exam syllabus website has lots of information for students about to sit exams, including links to past papers and markschemes .	https://qualifications.pearson.com/en/support/support-for-you/students.html

IN-HOUSE:

TEAMS	Lots of revision help in the 'files' folder. Including: <ul style="list-style-type: none"> • Interactive vocab tests • Role-play and Picture-based-discussion past papers. Also included is the teacher/examiner information, so students can look up what the unprepared questions are. • Picture-based-discussion prompt sheet. • Course companion (key expressions and advanced structures).
Revision guides	The 'workbook' provides students with exam-style questions in all four skills, plus revision tips. The 'guide' summarises key vocabulary and expressions, as well as essential aspects of grammar.
Extra lessons	Students have been building up a list of key exam structures and vocabulary across all five Themes – write these words / expressions up on to a separate sheet of paper and learn them.

Subject-specific revision guides
(all available on website)



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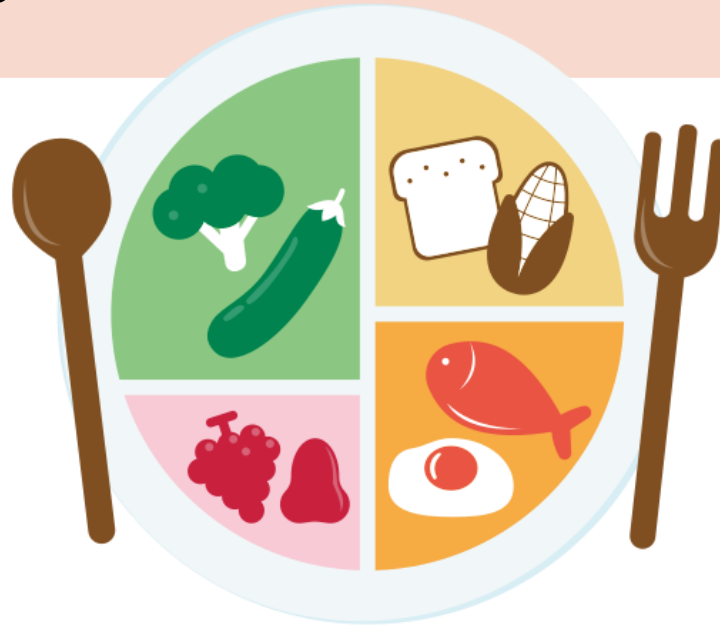
Getting the balance right



Dos and don'ts



Getting the balance right



Week begins	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27-Mar	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
03-Apr	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10-Apr	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17-Apr	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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Dos and don'ts

KEY AGENDA ITEMS

Twilight Meeting
March 2026

Concerns or additional questions:

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- **HEAD OF YEAR: Pippa Zebitz** (pzebitz@stbedes.cambs.sch.uk)
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